



## MIRABAI DEVI MANTRA SHEET

Mirabai Devi recommends that you repeat the mantra a minimum of at least 108 times in the morning and evening for forty days or more.

	Name and Purpose	Mantra	Translation
1.	<b>Aham Prema:</b> Opens up the heart and grants unconditional love.	<b>AHAM PREMA</b>	I am Divine Love.
2.	<b>Chamunda:</b> Invoked to overcome difficult circumstances and for protection.	<b>OM EIM HRIM KLIM CHAMUNDAYEI VICCHEI NAMAHA</b>	Om and salutations to She who is radiant with power and wisdom.
3.	<b>Dhanvantre:</b> Fills the body with healing energy and removes disease, illnesses.	<b>OM SHRI DHANVANTRE NAMAHA</b>	Om and salutations to Dhanvantre the great celestial healer and physician.
4.	<b>Durga:</b> Divine protection, dispels negativity and instils confidence.	<b>OM DUM DURGAYEI NAMAHA</b>	Om and Salutations to that feminine energy which protects from all manner of negative influences.
5.	<b>Ganesh:</b> Removes obstacles.	<b>OM GUM GANAPATAYEI NAMAHA</b>	Om and salutations to the remover of obstacles.
6.	<b>Gayatri:</b> Invokes the power and radiance of the Divine Light to energize all earthly life, to destroy all ignorance and to reveal the Supreme Self to us.	<b>OM BHUH, OM BHUVAHA, OM SWAHA, OM MAHA, OM JANAHA, OM TAPAHA, OM SATYAM OM TAT SAVITUR VARENYAM BHARGO DEVASYA DHIMAHI DHIYO YONAH PRACHODAYAT</b>	O all pervading Source of Light, Sustainer, Protector and Bestower of Happiness, Kindle, Enlighten and inspire our Intelligence to possess Eternal Qualities.
7.	<b>Lakshmi:</b> Attracts prosperity and abundance in every area of our lives.	<b>OM SHRIM MAHA LAKSHMIYEI SWAHA</b>	Om and salutations to that feminine energy which bestows all manner of wealth.
8.	<b>Mrityunjaya:</b> Wards off negativity and creates a powerful protective shield. Protects against accidents, misfortunes and helps heal illness.	<b>OM TRAYUMBAKAM YAJAMAHE SUGHANDHIM PUSHTI VARDANAM URVAR-UKAMIVA BANDHANAN MRITYOR MUKSHEEYA MAMRITAT</b>	May we be liberated from death just as the ripe cucumber easily separates itself from the binding stalk. By God's Grace, let me attain liberation and be saved from the clutches of fear.
9.	<b>Om Namah Shivaya:</b> Brings mastery to the first six charkas and purifies male energy.	<b>OM NAMAH SHIVAYA</b>	Om and salutations to the Divinity within me.
10.	<b>Om Shanti:</b> Literally creates the sound vibration of peace.	<b>OM SHANTI OM</b>	This mantra invokes peace of mind.
11.	<b>Parameshwari:</b> Reveals the true nature of reality and purifies feminine energy.	<b>HRIM SHRIM KLIM PARAM ESHWARI SWAHA</b>	Salutations to the Supreme Feminine. May that abundant principle that hides the nature of ultimate reality be attracted to me, and reveal the true nature of reality to me.
12.	<b>Rama Healing:</b> Heals disease, illness and emotional and mental distress. Brings solutions to lost causes.	<b>OM APADAMAPA HATARAM DATARAM SARVA SAMPADAM LOKA BHI RAMAM SHRI RAMAM BHUYO BHUYO NAMAM YAHAM</b>	Oh most compassionate Rama please send your healing energy right here to the earth.
13.	<b>Saraswati:</b> Removes inner blocks to inspiration and restores the flow of creativity.	<b>OM EIM SARASWATIYEI SWAHA</b>	Om and salutations to the great feminine shakti, the Saraswati principle.

14.	<b>Shante Prashante – anger:</b> Enables one to overcome anger.	<b>SHANTE PRASHANTE SARVE KRODHA UPASHA MANI SWAHA</b>	This mantra helps one overcome anger and instil peace of mind.
15.	<b>Shante Prashante – fear:</b> Enables one to overcome fear.	<b>SHANTE PRASHANTE SARVE BHAYA UPASHA MANI SWAHA</b>	This mantra helps one overcome fear and instils peace of mind.
16.	<b>Subramanya:</b> Increases good fortune or luck and attracts positive circumstances.	<b>OM SHARAVANA BHAVAYA NAMAHA</b>	Om and salutations to the son of Shiva, who brings good fortune.
17.	<b>Vasudeva:</b> Frees us from the cycle of rebirth. Prepares the way for the life of a newborn child.	<b>OM NAMO BHAGHAVATE VASUDEVAYA</b>	Om and salutations to the Divinity within me and all things.

**NOTES:**

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**Repeat the mantra continuously throughout the day, either silently or out loud when it is appropriate.**

**To best support and nurture your experience, we recommend you do the following as best you can:**

- 🍏 Dr. Wright's Cleaning Out Technique
- 🍏 Howard Wills Forgiveness Prayers
- 🍏 Get plenty of rest
- 🍏 Drink lots of water
- 🍏 Meditate regularly
- 🍏 Practice breathing techniques
- 🍏 Do physical exercise such as yoga
- 🍏 Practice silence as much as possible
- 🍏 Get a massage
- 🍏 Take salt baths
- 🍏 Refrain from alcohol or drugs
- 🍏 During the first 24 hours, refrain from other types of energy work

**It is not unusual to experience the following (or nothing at all):**

- ◆ Emotional swings and sensitivity
- ◆ Sudden movements of the body
- ◆ Energy movement
- ◆ Shaking, vibrations
- ◆ Seeing colors and/or lights
- ◆ Hot and cold sensations
- ◆ Deep tiredness

**Recommended minimum daily spiritual practices:**

- ◆ 15 minutes of yoga stretches
- ◆ 5 minutes of pranayama breathing techniques
- ◆ 20 minutes silent meditation
- ◆ 5-15 minutes of rest

🍏 **To book a private session with Mirabai in person, or by phone contact the Foundation Office private session line: 760 216 1029**

**For further help with mantras and to order a mantra CD or Dr. Wright's Cleaning Out Technique, contact Thomas Ashley Farrand's website at [www.sanskritmantra.com](http://www.sanskritmantra.com).**

**For further help with a daily practice of healing and forgiveness download, " Forgiveness Prayers by Howard Wills" at [www.howardwills.org](http://www.howardwills.org)  
Read the prayers out loud daily.**

**If you have any questions about your experiences or would like to share a testimonial please contact us at [info@mirabaidevi.org](mailto:info@mirabaidevi.org)**